

## COVID19 Guide

### Mental Health Supports

#### Website and social media content

[HSE General Mental Health Advice](#)

[HSE Answers for People using Mental Health services](#)

[HSE Answers for Families supporting People using Mental Health Services](#)

[Mental Health Ireland : Five actions for wellbeing in tough times](#)

[Advice A short video on managing anxiety](#)

[Don't get locked in- Tips on drinking at home](#)

[Grieving in exceptional times](#)

[Responding to a person in suicidal distress](#) (General guide)

#### Online Mental Health Services

[Samaritans](#) are available 24/7 for free support by phone or email.

☎ 116 123

✉ [jo@samaritans.ie](mailto:jo@samaritans.ie)

[Aware](#) are operating their Freephone support line, email support and online Life Skills programme.

☎ 1800 804 848 (7 days a week from 10 AM - 10 PM)

✉ [supportmail@aware.ie](mailto:supportmail@aware.ie)

[Online recovery education course](#) to maintain your mental health during COVID19

[Turn2me.org](#) offer peer support, online support groups and professional support.

[Shine](#) are offering remote support to people who use their services including online and over-the-phone support and an outreach service.

✉ [phil@shine.ie](mailto:phil@shine.ie)

[Helplink](#) are providing online counselling and therapy.

✉ [helpinksupport@helplink.ie](mailto:helpinksupport@helplink.ie)

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[www.openhealth.ie](http://www.openhealth.ie)

# Open Health

[SpunOut.ie](#) provides information and practical advice created by young people, for young people.

[Jigsaw](#) have online services available such as "Ask Jigsaw" and "Jigsaw Online Group Chats".

[Bodywhys](#) offer email and online support groups

✉ [alex@bodywhys.ie](mailto:alex@bodywhys.ie)

[GROW](#) is providing support groups online, where face-to-face groups are not available.

[BeLonG To](#) will continue their Crisis Counselling Services and provide them digitally.

✉ All current clients are being contacted directly.

[MyMind](#) are providing counselling and psychotherapy both online and by phone.

☎ 076 680 1060

[Pieta House](#) have 24/7 Freephone supports and text support services for people in crisis

☎ 1800 247 247

➔ text HELP to 51444

[Lust for life](#) are providing live broadcasts with tips on self care

## [Alone](#)

Alone provide a COVID-19 support line for older people

Telephone 0818 222 024 (from 8am to 8pm Monday to Friday)

[The Family support network](#) who support families dealing with substance abuse are offering a Facebook messenger service between 3pm and 5pm each day. A listing of supports from local groups available [here](#).

## [Online help for managing alcohol](#)

## [Online help for Gambling problems](#)

## Smartphone Apps

Mobile apps to support your mental health

These mobile apps can help you manage anxiety. They have been reviewed and approved for listing here, by a group in the HSE (Mental Health Apps Review Sub Group). The app developers are solely responsible for their app's advertisement, compliance and fitness for purpose. Unless stated otherwise, apps are not supplied by the HSE, and the HSE is not liable for their use.

### [Mindshift \(by Anxiety Canada\)](#)

A user-friendly self-help tool based on proven scientific strategies, MindShift CBT teaches about anxiety, helping users to engage in healthy thinking and to take action. Users check in each day to track their anxiety and work with tools in the app.

### [Clear Fear](#)

Clear Fear is an app developed for teenage mental health charity Stem4 which uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions. You can personalise the app if you so wish and you will be able to track your progress and notice change.

### [Headspace](#)

Headspace is a well-known mobile app that teaches meditation and easy to use mindfulness skills. Map your journey, track your progress, and reap rewards in your overall health and wellbeing. You can even 'buddy up' with friends and motivate each other along the way.

## Practical Supports

[Housing issues](#)

[Social Welfare](#)

[Free legal aid for Individuals](#)

Phone lines are continuing to operate. If you have a legal information query you can contact them on 1890 350250 or 01 8745690. The phonenumber will be open Monday to Friday 9.30-1pm and 2-5pm.

[Quiz to check your online skills](#)

# Open Health

[Free online services](#) from Now TV to online courses to technology

## **Managing and attracting Volunteers**

[Community Outreach Champions providing support](#)

[Minding your Mental Health and wellbeing as a volunteer](#)

[Managing and recruiting volunteers in the COVID19 crisis](#)

For people who are self-isolating [Website for both offers of help and to seek help in your local community](#)

[Guidance on setting up a local community help group using WhatsApp](#)

## **Minding your not for profit**

[COVID pack for communities covers recruitment, vulnerable people, safeguarding and protectiing against fraud](#)

[Useful Protocol for community groups and volunteers in delivering your services](#)

[Larger organisations with employees may find this continuity business planning spreadsheet from the Wheel useful](#)

[The Charities Regulator: Frequently asked questions](#)

The [Wheel COVID hub](#) covers an amazing range of useful topics

[Top legal issues COVID briefing for Not for Profits](#)

General [Data Protection issues on COVID](#)

[Data protection issues on contact tracing](#)

# Open Health

[Special COVID19 related funds and assistance](#) from the Wheel.

The hash tag [#CommunityResponseIRL](#) is being used by The Wheel on social media to generative awareness of our collective efforts. Might be a useful way of highlighting your efforts.

## Official COVID19 Supports

[HSE website on COVID19](#)

Department of Rural and Community Development has produced [a Communications Pack](#) for community and voluntary groups and members of the public who are involved in COVID-19 community efforts.

Useful [posters and graphics](#) from the Irish Government

[Detailed advice for Health Care workers](#) from the HSE

[Implications of COVID19 for people who use drugs and drug services](#)

The World Health Organisation have produced a very useful [WhatsApp feature](#), where you can get instant up to date advice simply by texting. Very useful for myth busting and getting answers to all your questions. When you add this to your contacts directory simply text “Hi” and follow the instructions.

*This material has been drawn from a wide range of sources and we would like to acknowledge their support. The Irish Government, HSE, Mental Health Reform, The Wheel, PILA*